



**AUTHENTIC SELF** *home*

THE SELF AWARENESS JOURNEY

**ACTOR SELF** *away*

### My Feelings

Satisfied | Content | Energized  
Centered | Present | Happy  
In Harmony (everything I think, say & do aligns)  
Effective in my role

### Personal Focus

Staying centered  
Harmony (aligned inside and out)  
Calm and content  
Being

### Environmental Feels

Supportive  
Easy to be in  
Stable  
Flexible

## What Triggers Me?

Self doubt, Specific people  
Certain situations, Unfavorable  
outcomes, Unrealized feelings

### Guilt

“Why do I act like this?”

### Shame

“Why do I always ...”  
“How come I can’t ...”

### My Feelings

Anxious | Exposed | Defensive  
Need external validation  
Don’t like/want my feelings  
Unhappy | Unsatisfied | Worried

### Personal Focus

Protecting or defending myself  
Wanting to look good/my ego  
Constant self evaluation (+/-)  
Doing

### Environmental Feels

Competitive  
Drama filled  
Inflexible  
Constant state of re-do

## Reflect

What are my feelings  
right now, and what is  
the subject of the  
thoughts that got me  
here?

## Refocus

I will gently guide my  
thoughts to ones that  
create positive feelings  
in my body.

## Remember

My body gives me cues about my  
feelings and thoughts. When I  
pay attention and make choices  
that feel good, everything always  
works out for me.